

**Dr Jasbir Dhillon**  
BSc., MSc., DClipsy  
**Clinical Psychologist**



Health Professions Council Registration: **PYL34021**

Jas has over ten years of experience working with children, adolescents and adults. She has worked in specialist children and adolescent services, assessing and offering therapeutic intervention to children, adolescents, foster carers and parents. Additionally, she has worked in an NHS service specifically offering court assessments within PLO and care proceedings. Jas has worked with families with CIN and CP status, undergoing care proceedings, looked after children, as well as working with children, adolescents and families within community and specialist social care and educational settings (e.g. children's centres, youth offending services, pupil referral units, CAMHS for social care services). Jas has also worked with adults within specialist health settings, assessing and offering therapy to adults with neurological difficulties, substance use, adjustment disorder, mental health difficulties and with complex social care needs (e.g. immigration and asylum, homelessness).

Jas is passionate about working with people with experiences of complex and acute trauma across the lifespan. Her interventions are guided by the NICE guidelines, integrated with practice-based evidence and theoretical developments within trauma work (e.g. polyvagal theory, somatic interventions, Internal Family Systems). She is trained in Dyadic Developmental Psychotherapy (level one), Dialectical Behavioural Therapy, Eye Movement Desensitisation and Reprocessing, Schema Therapy, and Trauma Focused Cognitive behavioural Therapy. Jas is also a Non-Violent Resistance practitioner, and has offered group and individual work.

#### **AREAS OF SPECIALISM**

- Assessment of children and adolescents
- Assessment of challenging behaviours in children and adolescents with intellectual disability
- Cognitive and adaptive functioning assessments of children and adolescents
- Psychological therapy for child and adolescents
- Looked after children
- Asylum seekers and Refugees
- Developmental trauma/C-PTSD
- Psychological assessments of adults
- Psychological assessments of parents
- Cognitive and adaptive functioning assessment of adults
- Psychological therapy for adults
- Professional consultation (children's social care)

#### **PROFESSIONAL QUALIFICATIONS**

- 2013 – 2016**     Doctorate in Clinical Psychology, University of Hertfordshire
- 2007 – 2008**     Masters in Health Psychology, University College London  
(awarded bursary by Cancer Research UK to complete this qualification)
- 2003 – 2006**     Bachelor of Sciences in Psychology, City University

## **WORK HISTORY**

**Sept 2021 – Present      Specialist medical centre for homelessness, London**

### **Highly Specialist Clinical Psychologist**

- Psychological assessment (including clinical interview, screening, cognitive or neuropsychological screening, neuropsychological assessment where relevant) -Providing short-term focused therapeutic interventions (e.g. CBT, DBT, ACT, solution focused, EMDR, schema-informed)
- Supporting the wider centre team to think about trauma informed practice
- Consultation to multidisciplinary professionals and towards cases
- Offering training to the medical team (and professionals from related local services) on the psychological screening and needs of service users (e.g. asylum seekers and refugees).

**Jan 2021 – Present      Child Looked After Mental Health Service, London**

### **Senior Clinical Psychologist**

- Mental health and neurodevelopmental assessment (i.e. ADHD, intellectual disability with tests of intellectual and adaptive functioning, challenging behaviours, paper-based measures for common childhood diagnoses, clinical interview, observation)
- Therapeutic interventions using evidence-based psychological interventions for complex and acute trauma (e.g. TF-CBT, DBT, EMDR)
- Therapeutic treatment using evidence-based psychological models for anxiety, depression (e.g. CBT, ACT, DBT)
- Indirect input including Positive Behavioural Supports intervention, network level consultation, and parent/carer input (e.g. parenting intervention including DDP informed or
- Non-Violent Resistance to foster carers or guardians)
- Training and consultation to other professionals (e.g. paediatrics, social care)
- Developing and delivering a programme of training workshops for foster carers (e.g. ADHD and ASD, suicide and self-harm, trauma, attachment)
- Delivering a group programme for foster carers
- Developing and delivering a CPD programme for mental health professionals in the team -Providing reflective practice to an external team
- Supervision of CAMHS practitioners and trainee clinical psychologists.

**Jun 2019 – Dec 2020      Family Assessment Service, Tavistock and Portman NHS Foundation Trust**

### **Clinical Psychologist**

- Providing specialist assessment of families within court proceedings
- Psychological assessment of adults with complex difficulties (e.g. experiences of trauma, substance use, complex emotional needs, mental illness, queried intellectual disability)
- Parenting assessments
- Writing complex specialist assessment reports for use within a legal and social care context -Offering psychological input and consultations to multidisciplinary team members, including specialist training.

**Jul 2019 – Aug 2021      St Pancras Rehabilitation Unit, Central North West London Foundation Trust**

### **Therapy Lead for Psychology**

- Providing direct and indirect psychological assessment of working age and older adult service users with neurological or physical health difficulties
- Providing direct and indirect neuropsychological screening or assessment (e.g. functional observation, MMSE/ACE, neuropsychological batteries including RBANS, WAIS, WIMS and other skill-specific tests)
- Direct therapeutic intervention (e.g. CBT and ACT for anxiety or mood difficulties, DBT informed brief input)
- Indirect intervention (e.g. Positive Behavioural Supports)

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- Consultation to multidisciplinary professionals, including facilitating lessons learned discussions following complex discharges
  - Contributing to multidisciplinary rehabilitation, discharge and safety planning.

**Feb 2019 – Jun 2019      Pulse Jobs**

**Clinical Psychologist, locum posts within CAMHS and adult services**

- Providing psychological screening and psychological assessment
- Specialist direct and indirect interventions
- Facilitating group and individual consultations for multidisciplinary professionals -Liaison with health, social care and youth justice agencies.

**Nov 2016 – Nov 2018      Whole Family Service, Tavistock and Portman NHS Foundation Trust**

**Clinical Psychologist /CAMHS Lead (for 1 year)**

- Providing psychological input to young people attending a pupil referral unit (primary and secondary), youth offending services, families referred to the Whole Family Team (over 5's) and parents referred to the Whole Family Perinatal Team (under 5's)
- Psychological screening and assessment of children and adolescents (e.g. ADHD, adaptive functioning, cognitive ability)
- Psychological screening and assessment of adults
- Direct and indirect interventions (e.g. Psychoeducation, Motivational Interviewing, CBT, DBT, Systemic-CBT, family work)
- Supporting psychological thinking of youth offending service caseworkers via consultation and training
- Facilitating group and individual consultation using the AMBIT model -Co-facilitation of a Non-Violent Resistance parenting group -Providing clinical supervision.

**Nov 2015 – Aug 2016      Specialist Placement at The Refugee Service (CAMHS), Tavistock and Portman NHS Trust**

**Trainee Clinical Psychologist**

- Providing assessment of unaccompanied minors and asylum seeking children and adolescents
- Providing therapeutic intervention (e.g. Tree of Life groups, Narrative or Cognitive Behavioural Therapy).

**Oct 2013 – Nov 2015      Older adult, Secondary, CAMHS, Intellectual Disability placements**

**Trainee Clinical Psychologist**

- Worked in a memory service, care home for older adults, adult secondary care service, mainstream CAMHS, and secondary care intellectual disability service for adults -provided neuropsychological, psychological, challenging behaviour, trauma, intellectual disability and adaptive functioning assessments across the lifespan -provided therapeutic intervention (e.g. CBT, ACT, psychodynamic) - provided indirect intervention (e.g. Positive Behavioural Supports).

**Oct 2011 – Sep 2012      National Problem Gambling Service, London Assistant Psychologist (band 4)**

- Providing psychological assessments of adults with problem gambling
- Providing psychological intervention (e.g. CBT, motivational interviewing)
- Co-facilitating a Cognitive Behavioural Therapy group
- Co-facilitating a group for female service users based on the Transactional Analysis model.

**Sep 2010 – Sep 2011      Clinical Health Psychology Department, Hillingdon**

**Assistant Psychologist**

- Providing psychological assessments of adults with physical health difficulties
- Providing psychological intervention (e.g. CBT, motivational interviewing)
- Co-facilitation of Cognitive Behavioural Therapy groups to service users with chronic pain -Facilitating a cardiac rehabilitation psychology session for service users.

## **TRAINING AND QUALIFICATIONS**

- 2023 – 2024 EMDR (Levels 1 and 2, 4 days; Level 3, 3 days)  
Richman EMDR Training
- 2022 Schema Therapy (7 days, plus weekly group supervision in 2023)  
Schema Therapy associates
- 2021 Trauma Informed Practice (0.5 day)  
Lambeth Council
- 2021 CBT for Unusual Experiences (0.5 day)  
South London and Maudsley NHS Foundation Trust
- 2021 Trauma-Focused Cognitive Behavioural Therapy (2 days, plus 4 supervision sessions)  
South London and Maudsley NHS Foundation Trust
- 2021 RSR for Reflective Practice Training (2 days, plus regular group supervision)  
South London and Maudsley NHS Foundation Trust
- 2021 Dyadic Developmental Psychotherapy (4 days)  
Family Futures
- 2019 Introduction to Mentalisation Based therapy (1 day)  
Central North West London Foundation Trust
- 2019 Cognitive Behavioural Therapy for Chronic Depression (1 day)  
Central North West London Foundation Trust
- 2018 Child Sexual Exploitation Training (0.5 day)  
Safer London
- 2018 Quality Improvement Training (0.5 day)  
Tavistock and Portman NHS Foundation Trust
- 2018 Dialectical Behavioural Therapy training (5 days) British Isles DBT Training
- 2018 Beginners and Advanced Motivational Interviewing training (3 days)  
Tavistock and Portman NHS Foundation Trust
- 2017 Acceptance and Commitment Therapy for Organisations training (1 day) City University
- 2017 AMBIT Multi-Team training (0.5 day) Tavistock and Portman NHS Foundation Trust
- 2017 Non-Violent Resistance (NVR) Parenting Intervention training (plus follow-up experience to gain accreditation as an NVR Practitioner)  
Tavistock and Portman NHS Foundation Trust

## **PUBLICATIONS AND PRESENTATIONS**

- Dhillon, J. (2015). Women and Gambling. In Bowden-Jones, H. and George, S. (2015). A Clinician's Guide to Working with Problem Gamblers. Routledge: London.
- Stewart, D., Burrow, H., Duckworth, A., Dhillon, J., Fife, S., Kelly, S., Marsh-Picksley, S., Massey, E.,

O'Sullivan, J., Qureshi, M., Wright, S. and Bowers, L. (2015). Thematic analysis of psychiatric patients' perceptions of nursing staff. *International Journal of Mental Health Nursing*, 24(1), pp. 82-90.

- Dhillon, J. and Bowden-Jones, H. (2012). Pathological Gambling amongst British Men: An Overview. *Trends in Men's Health and Urology*.